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## Fear of Falling?

It is not unusual that older adults experience feeling “unsteady” during normal daily life activities. This “unsteady” sensation causes them to limit and/or avoid physical activity assuming that their “unsteadiness” will worsen or because they no longer have the confidence and trust in their body. The end result is further physical deconditioning which in itself leads to muscular weakness, diminished coordination and loss of proprioception and kinesthetic awareness which in turn leads to greater odds of falling.

At this point, it is likely that they have developed a fear of falling which will cause them to consciously and consistently use extra caution. This results in the restriction of their daily activities and movements.

I clearly remember when my mum’s and dad’s “unsteadiness” became obvious. While I was adjusting them on a regular basis, our family physician sent them to physical therapy for balance training and they also went to the senior center for twice a week exercises. The therapists and the senior center used wobble boards, rocker boards and resistance bands. In those days I wasn’t trained in balance but had wobble boards and rocker boards in my clinic. Without any actual useful research studies the wobble board and rocker board were believed without any actual evidence to be the best available tool.

I started receiving introduction on the **ProBalance360** in late 2022. Via Zoom classes and studying written materials I appreciated the true value in **ProBalance360, FDA cleared Vestibular Neuropathway Therapy and Prosoft Mechanical Motion Therapy** through twice per week sessions combined with at-home required physical training.

The incorporation of **these technologies** retrains the neuropathways while restoring and improving the integrity, strength and range of motion of the joints and muscles.

The importance of maintaining balance and stability as we age cannot be overstated. It is not only a matter of physical health, but also one of preserving the independence, quality of life and overall well-being of our community.